



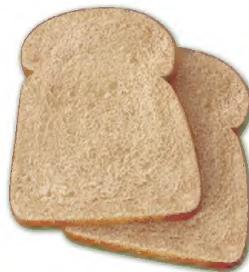
Heart Healthy Sandwiches



Here's some healthy ideas for filling your sandwiches! Consider a mix and match of different favorites like:

- Almond butter with apples and raisins
- Turkey or ham with cheddar cheese
- Sliced veggies and hummus

Then, use a heart-shaped cookie cutter to cut them out.



Doc's Morning Muffins



Ingredients

1 cup sour milk*
1/2 cup applesauce
1/2 stick butter, melted
1 tsp. vanilla extract
1 egg
1/3 cup packed brown sugar
1/2 cup oat flour**
1/2 cup whole wheat flour
1 tsp. baking soda
1/2 tsp. ground cinnamon
1 cup instant oats
1/4 cup dried apricots, chopped
1/4 cup almonds, chopped

Directions

1. Preheat an oven to 350°F and grease 12 muffin cups.
2. Combine sour milk, butter, applesauce, vanilla extract, egg and brown sugar and blend well.
3. Stir together oat flour, wheat flour, baking soda and cinnamon.
4. Add flour mixture to wet mixture and blend well.
5. Fold in oats, almonds and apricots.
6. Fill muffin tins. These do not rise very high, so a full muffin cup is fine.
7. Bake for 20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Helpful Tips

*Sour milk is easy to make – add a tablespoon of vinegar to a one cup measure and fill to the top with milk. Let stand for 5 minutes.

**Oat flour doesn't need to be bought – make your own by pureeing instant oatmeal in the blender until a fine dry powder is formed.

Prep Time

5 minutes

Cook Time

25 minutes

Makes

12 muffins

Apple A Day Juice Boxes



Note: Cutting is intended for grown-ups only.*



1. *Cut out construction paper and fold it around your juice box.



2. Wrap colored tape around the top of the box. This holds the paper in place and looks like an surgeon cap.



3. *Cut a Post-It so one end is rounded off. Crinkle it a little so it looks more like a mask.



4. *Cut another piece of colored tape in half length-wise and use to secure mask in place.



5. Use the other piece of thin colored tape to secure each side of your mask.



6. Add eyes and eyebrows or even fun stickers to embellish your surgeon juice box.

20/20 Vision Carrots



Use an eye chart for inspiration!
Draw letters on a paper bag and fill the bag with healthy snacks like carrots!

